THE Lions' Pride
OF SAINT LEO UNIVERSITY

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Cool kids rent books

BY DANA JENNINGS
Lions' Pride Online Sports Editor

Saint Leo University students find long lines at the bookstore at the beginning and end of every semester, but what are all of the purchasers doing when they get to the register? If they are buying their books, they are possibly missing out on saving money.

If a student buys a book new and returns it to the bookstore, they will receive up to 50 percent of its value, whereas a book rental is 55 percent off of the value. This translates to a five percent savings to rent the book, which adds up when most books are around $100.

"We have saved the students $79,488 this semester," said Saint Leo University Bookstore manager Maureen Tarpey.

The bookstore guarantees that a rental book will be taken back even if the edition goes out of date or a course no longer supports the textbook. This is in contrast to a book purchased new; in the case of a new edition that comes out, the older edition is rendered obsolete and the bookstore will not buy it back. A student may also elect to buy their rental book after their classes have started. However, this must be completed before the October 31 deadline.

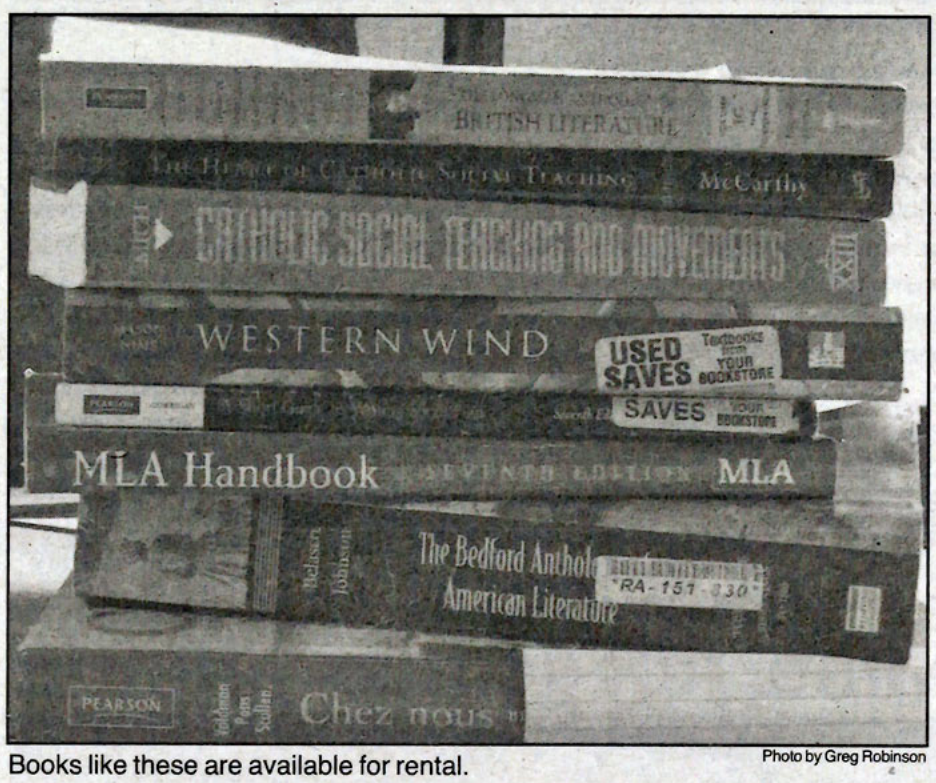


Photo by Greg Robinson
Books like these are available for rental.

The bookstore has done a lot of work to build an image that reflects Saint Leo University's core values.

"We are here as part of the community. We want students to come in and be comfortable to talk to us if there is an issue. The bookstore is here for a reason; it is an investment in your education" said Tarpey.

Sophomore Deborah Cummings shares that image.

"They have very friendly service, as everything you need is there, but I think the prices are high," said Cummings.

Many students elect to purchase their books online to save money and find themselves without aid at the bookstore. If a student buys a book on amazon.com, the bookstore has no recourse to assist in the event of any problems.

"We can't help much, except to sell them a book," said Tarpey.

While the bookstore cannot help with those purchases, they can help if the purchases are made in the bookstore.

"We can talk about any issues, and many can be worked out with documentation," said Tarpey.

A Fall festival, Saint Leo style

BY AMANDA BUTLER
Lions' Pride Staff Writer

After a Friday of registering family and friends, welcoming them with Illusionist Wayne Hoffman as well as a movie night featuring *The Goonies*, the main event took place the next day. Starting at eleven on the crisp Saturday morning and ending at three in the hot afternoon, the Fall Family Festival commenced.

Argh, matey! Swab the decks and protect yer booty! Pirates lay siege upon Saint Leo on October 16, surrounding the guests with an array of pirate games and memorabilia. Tossing treasure into pirate hats, catapulting balls into buckets, and a human dice game making the players walk the plank, were only a few of the activities. Guests could also throw on a captain's hat for a souvenir photo or even paint their own treasure chest to store their own beloved treasure. Without a cloud in the sky, the event proceeded to amuse and entertain the University's guests.

Exciting the audience was a pirate ship float emanating swashbuckling music for the main event: Mr. Bones the Pirate Magician and his crew made an appearance for the Festival. They entertained the audience with magic tricks and illusions, with a comedic air that included banana pistols and the fire-breather Blister Lips, who ironically was afraid of fire. The one-liners and crazy antics of the crew had both adults and children chuckling and smiling; and the illusions of fire-breathing, one rope that could magically double its ends, and solid rings that linked in a chain had the audience enveloped in wonder and intrigue. The crew got the audience involved, choosing various members to assist Mr. Bones in his magical performance, as well as a short lesson in belly dancing, led by pirate lady Sapphire. The group performed a total of three shows, twenty minutes each after half hour intervals.

Photo by Donovan Rummell
Gold doubloons to go along with the Pirate Theme

Other activities were included in the Festival that were more festive than piratical, such as leather bracelets and key chains stamped for leather art; sand art that consisted of options for a picture frame, a decorative figurine, or a pen; and the guests and students could even decorate their own flip flops with buttons, bows, and sequins.

Many campus organizations, including Greek and non-Greek, ran booths for the event, selling food or activities to aid in their fundraising. Cake, watermelon, pumpkin painting, a game of darts, and pie-throwing were some of the merchandise. A booth not affiliated with the school was also set up raising money for The Haitian Project. Other kinds of food were sold as well, such as snow cones and turkey legs. Inflatable activities such as an obstacle course, a fighting ring, and a surfing simulator were available for the younger guests.

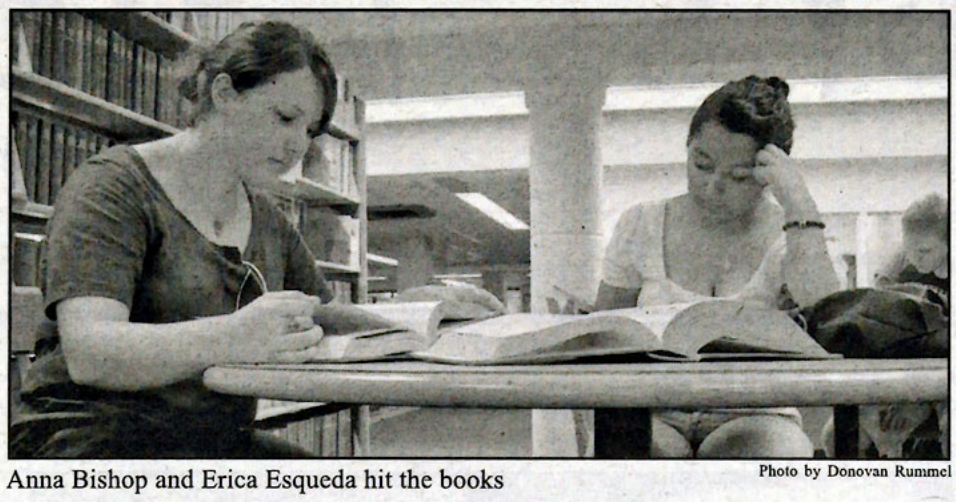
Photo by Donovan Rummell
Captain Bones pirate adventure, a touring band of pirates for hire.

The Festival lasted until three in the afternoon and was followed by dinner and a movie night featuring *Pirates of the Caribbean: At World's End*, following the pirate theme. The Buccaneer Bash followed, containing live music and fireworks, an explosive farewell to the family and friends of the Saint Leo community and a farewell to another successful Fall Family Festival.

Opinions

Three-point study habits are a cure for zombie students

BY DANA JENNING
Lions' Pride Online Sports Editor



Anna Bishop and Erica Esqueda hit the books

Photo by Donovan Rummel

The semester is half done, and a student yawning while grabbing a cup of coffee in the library has become a common sight. Saint Leo University is a campus of overworked zombie students, and I am no exception. Most days I can be seen with a giant mug of coffee in my hands, laden with books and on my way to class or a homework marathon. In fact, I write this editorial after midnight having read an entire Shakespeare play (out of the biggest textbook I've ever owned no less) that is due in the morning.

Professors and parents alike would shun many of the studying techniques I have utilized over the years. Although I am not an expert, I have found my way through the trial by fire method of learning to attain a dean's list GPA most semesters. I believe that the rules I have come up with can be useful, and if nothing else, worth a laugh.

Rule #1: Caffeine is no substitute for sleep.

I break this rule more than any other, which is why it is the most important. It is the most difficult and easiest to overlook, as staying up late is par for college students. Coffee, soda, or an energy drink can perk us up for a time, but the true answer for fatigue is sleep. I fell asleep in a class years ago with a witness stating that I was attempting to swig my coffee as I passed out. The moral of the story is that we need to know our limits, and play within them.

Rule #2: Beer is not man's best friend; dogs are.

Beer is one of the oldest beverages and has been made for something around 5,000 years (and made well for 100 years), but dogs have been domesticated for over 15,000 years. I say dogs because I own and have always had dogs in the house, and they are what calm me down, but that is inconsequential. It could be a dog, cat, hamster, horse, eagle, donkey, alpaca, or fish that takes your mind off of the stress of schoolwork for a moment. I would like to reiterate that all of those animals except fish are prohibited in residence halls. I have my cell phone packed with pictures and videos of my dog, Zadi and am more than willing to show them to anybody who comes along, even complete strangers! We all need something that gives us happiness to offset the usually dry and exhausting texts that we are required to read.

Rule #3: Breaks are not only okay, but they are required.

I don't know anyone who can study for 6 hours straight with no distractions or breaks. And I don't think I would want to meet him or her, because I think that person would have difficulty interacting in a social setting. Do I tell my professors that as soon as I get out of their class I sit and watch an episode of *Futurama*? No, of course not. But I have to get a bit of inane and unproductive time to prepare myself for the upcoming homework-fest. Whatever it is that you do that takes time and gives nothing but stress relief, be it watching TV, playing video games, sewing, gossiping, juggling, or working out, the activity is absolutely imperative to good studying. The key though is MODERATION! Do I watch TV for 6 hours every night? No. If I did, I would be overdoing it and I would be incredibly irresponsible, and I would fail my classes.

My three-point study habit building informational has been fun to write, and I hope that it is fun to read. But I hope that anybody who reads this will take to heart the difficulties in their own studies and find their own best methods for success.

Plenty of screams, not so many howls

BY CHERALYN BARRINGTON
Lions' Pride Layout Editor

Cheralyn Barrington posing with a scorned bride

Photo by Kimberly Bills

It seems that Busch Gardens was going for sex appeal rather than a scare factor with this year's Howl-O-Scream theme.
The theme centered on a jaded, broken-hearted, enraged rock star that plans to get revenge on her ex-boyfriend by subjecting him to physical pain. The theme itself does not seem extremely frightening, as the woman, Sylvie, who is supposedly the park's antagonist, is quite small in stature and holds a guitar as a weapon. Sylvie is the lead singer of the band *My X*, and in addition to *My X* being the park's theme, the band also has a haunted house and performs twice nightly for about 15 minutes at a time.

Upon entering the park, the event's theme is immediately evident, as the guest is greeted by a giant tower of instruments and televisions while tortured-looking band groupies dressed in rock star attire gather around with miserable looks on their faces. These "scare-actors" are set throughout the park to jump out at and mingle with the guests. In comparison to last year, there seem to be fewer scare-actors, as there are many areas of the park that are poorly lit, but do not contain any costumed workers. Additionally, the scare-zones seem to contain fewer decorations and actors as well. The event seems to have been done on a tighter budget this year than last. Regardless of this, it is still amusing to peruse each scare-zone, look at the decorations, and interact with the scare-actors who all play specific parts.

The biggest let down is probably that most of the haunted houses were the same ones the park used last year, just with slightly altered names. For instance, the *Taste of Blood* vampire-themed house from last year is now called *Taste of Blood: a Different Vein*. The new house that got added is a *My X* themed house that is decorated very well, but does not take very much time to get through. The houses were all well decorated and elaborate, but not much was changed from last year. This made the houses' scares predictable for anyone who had attended *Howl-O-Scream* the year before. However, the houses still provide reasons to scream, as the actors within the houses jump out from dark corners and bang wooden windows open and closed. Additionally, the decorations in houses such as *Death Row Vengeance: No Escape*, and *Delta Epsilon Delta: Extreme Rush (DEDer)*, allowed the guests to step into frightening situations such as witnessing electric chair executions, and extreme hazing.

Overall, Howl-O-Scream is worth attending for a good time, especially if it was not visited last year. Even if one attended last year, it can still be a ton of fun; just do not expect many surprises.

Photo by Cheralyn Barrington
Tower of televisions and musical instruments

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Hottest Halloween costumes for 2010

BY JORDAN STEVENS
Lions' Pride Staff Writer

It is another year for the Halloween season. Decorating dorm rooms and carving pumpkins may be the easy part of Halloween, but one of the hardest parts is picking out a Halloween costume. Many people are always faced with the question of "What am I going to be for Halloween this year?" But have no fear, because 2010 is the year for brand new Halloween costume ideas.

Halloween is the one day of the year that people can literally be whatever their heart's desire. Whether that is a doctor, firefighter, police man or Austin Powers, the holiday gives everyone the opportunity to dress up in the most outrageous costumes. Unfortunately, finding the perfect Halloween costume is not the easiest task. Since Halloween only comes around once a year, many people love going all out in search for the perfect costume.

"Halloween costume shopping is becoming more and more difficult; it is hard finding a costume." said student Jessica Miller.

This year, costume shopping should not be hard to do. Halloween costume designers and stores have created a plethora of brand new costumes for 2010.

One new costume for this year is Lady Gaga. Some may call her clothing choice fashion, while others may call them costumes. No matter what category this pop sensation's clothing falls under Lady GaGa costumes have hit the shelves this year. Many of the Lady GaGa costumes include outfits worn during her music videos and her VMA performance all included with GaGa make up and wigs. Also with GaGa's new creation, the meat dress, there will be many re-creations of that outfit this Halloween.

GaGa is not the only new Halloween costume for women. This year more revealing version of everyone's favorite Sesame Street characters has emerged. These characters include the Cookie Monster, Elmo, and Big Bird. Do not worry, these costumes are not body suits, and designers have made them more "sassy" and feminine. Also, some hit TV show characters have become costumes, such as the Jetson's and the Brady Bunch.

For those that crave the more wild side of Halloween, MTV's hit show the Jersey Shore has created a wave with costumes designers. One may need a little bit of GTL (gym, tan, laundry), but reality TV show stars Snooki and Mike "The Situation" have become costumes ideas for all.

There are also brand new men's costumes this year. The release of new movies has helped create fresh costumes for men. This year men can dress as if they were in the Prince of Persia movie, Ironman, and Kick-Ass. Also, one cannot have a Halloween without terrifying costumes, such as the horrifying updated version of Jason from *Friday the 13th*, *The Predator*, and Voldemort.

Another feature for costumes this year is couple's themed costumes. Those that love to match their significant other this year have a better chance of finding a costume both can agree on. This year the biggest couple's costume is Neytiri and Jake Sully from the biggest movie of the year, *Avatar*. The costumes include the tails and all. Also new for couples this year is the updated version of the *Alice in Wonderland* costumes. With the release of the 3-D film the Mad Hatter costume is not what one may have seen last year, and the Alice costume features a new twist.

Halloween is one of the most popular holidays of the year. With every year, brand new Halloween costumes are released. Hopefully this year, finding the perfect costume will be simple.

Behind the fright of Halloween Horror Nights: 20 Years of Fear

BY JORDAN COATES
Lions' Pride Editor in Chief

Every Halloween, hundreds of people flock to Orlando to subject themselves to scare zones, haunted houses, and monsters. However, few stop to think what is behind the scenes of all this horror. After 19 years of scares, the mysteries of Universal's Halloween Horror Nights: 20 Years of Fear are revealed.

For 24 nights this fall, Universal Studios will turn into a frightening realm where guests must watch their every move and confront their fears. The mastermind of Horror Nights has reigned for many years, and this year, fear himself is taking form and emerging to terrorize all he has created. In a Q&A with the creative team behind Horror Nights, they revealed that this year will be original, combining past and future frights. Fear represents chaos, death, legend, sacrifice, and vengeance. This year guests can expect shaker cans, lots of new futuristic chainsaws, and none of the monsters will be victims, all aggressors.

"We have done things differently and more frightening than we have ever done before," said one of the creative directors.

In order to make Horror Nights especially scary, they need the most eccentric employees. This is no problem according to the creative directors who said hundreds of people camp outside of the studio early in the morning to get a good place in line for the casting at six. They interview people with such questions as, what their favorite Halloween candy and costume is. They might ask them to scream, or to act out a scary moment from a movie. This year, men and women both agreed to shave their heads for one of the haunted houses. The creative directors assured that this year guests would not laugh, but they would scream and maybe even cry. They shared a story from opening night, in which a zombie was very excited to have made her first guest pee her pants.

This year there are eight all-new haunted houses, six scare zones and two live shows. The haunted houses are more than just houses; they are detailed stories with very horrific endings. *Horror Nights: The Hallow'd Past*, is a terrifying house filled with spooks and screams from the last two decades. A stroll through this house is a stroll through a haunting memory lane. *The Orfanage: Ashes to Ashes* is now "forever dust". At the request of fans, Cindy is here and tired of her old playthings. Guests may dare to enter this orphanage, full of lost and angry souls. *Crossing into Hades: The Gates of Ruin*, guests can take a look at the extravagant Underworld, forcing guests to come face to face with terrifying creatures from the legend. The doors of *Psychoscarepy: Echoes of Shadybrook*, have been closed for the last 15 years, but this year the doors are open and it is alive with the souls of the criminally insane.

The inspiration behind *Havoc: Dogs of War* comes from Shadowcreek Enterprise, who ten years ago, developed an elite corps of soldiers. The latest run of volunteer test subjects are ready for inspection and their project name is HAVOC. The most infected citizens of the plague in 1534 have been imprisoned for almost five hundred years, but now they have found a way out and are taking vengeance on any living being that dares to enter the *Catacombs: Black Death Rising*. In an effort to clear out the remaining infested pockets of Canada, the United States government has licenses to sanction companies to capture "un-live" subjects and use them as targets for training sessions. Among the many training companies, there is ZAP, The Zombie Awareness Program. Only in *Zombiegeddon* it might be hard to tell who is alive and who the zombies are; beware. Finally, a live broadcast of a machine created by spirit seekers to gather spirits will show in one of the most haunted sights in the United States, The Wyandot Estate. The house is rumored to be haunted since the owner Malcolm brutally murdered 13 dinner guests, resulting in his wife's suicide. More guests are now invited in, but the murdered have also heard their call and are answering with agonizing violence in *Legendary Truth: The Wyandot Estate*.

As guests attempt to survive the houses, they will have to fear the streets. In the scare zone, *Halloween Horror Nights: 20 Years of Fear*, the closer guests come to the lantern, the more frightening characters from horror nights past will be revealed. In *Fear Revealed*, the souls of Chaos, Death, Sacrifice, Mythos, and Vengeance are taking on their roles in full force. They bring with them the ultimate piece to this haunting puzzle; he, fear himself, is revealed. In a more festive atmosphere, zombies infected by the North American infestation are celebrating *Zombie Gras*, searching for beads and their next meal. Death taunts guests in the skeletal nightmare that is *Esqueleto Muerte*. Because huge trenches have opened in the earth's crust exposing intense heat, steam power is essential to the inhabitants of New Yorkshire. However, the diminishing oceans have put the city in jeopardy. The city is now in danger; the water in anyone's body is now a coveted resource, and the citizens in *Saws 'n Steam* will stop at nothing to get it. In the last scarezone, *The Coven,* sirens scream through the witches' realm as the unsettled spirits of The Cult of the Raven cast their spells.

Horror Nights also provides two shows, the hilarious party of *Bill & Ted's Excellent Halloween Adventure* and *The Bizarre Magic of Brian Brushwood: Menace and Malice*. As the night turns dark, Universal will transform into this haunted realm, sure to show guests a promising time of fun and fright. Halloween Horror Nights is still inviting victims in on October 20-24 and 27-31. Prices and tickets vary and are on sale now.

The creative directors shared their love for Halloween and thrill in being scared and promise what they have created this year will live up to that enthusiasm. The excitement in their voices and fear in their eyes make this seem all very plausible. On a final note, the directors urged guests to partake in this night of fun and said they should know, "they are technically only safe on the sidewalks."

Face your fear!
Photo Courtesy of Universal Studios Press

Face your fear!
Photo Courtesy of Universal Studios Press

School of Arts and Sciences Spring Course Offerings

Did you know that you can take courses in...

ART 221: Beginning Drawing

(T 8:00-10:50 3 credits)

This studio art course is created to give students a foundation in the skills necessary for freehand sketching, rendering, and creative expression. Students will experience a variety of monochrome mediums, theories, and techniques. Drawing is a skill that not only can be an enjoyable pastime but an asset to any career field. For more information contact trisha.toms@saintleo.edu

ART 200: Intermediate Drawing

(R 8:00-10:50 3 credits)

This advanced studio course continues to build on the fundamentals developed in the Drawing course, furthering the individual expression of the student and introducing color media, theory and techniques. Students will be able to bring more personal expression to assignments and explore their own creativity and sense of style. For more information contact trisha.toms@saintleo.edu

ENG 340: Tattoos in Literature

(MWF 2:30 3 credits) Prerequisite ENG 122

This Spring, join a multi-genre survey course all about ink: Ink on paper AND ink in the skin! Reading selections will be centered on the subject of tattoos (permanent dermagraphics) and the plethora of historical, sociological, and psychological concerns associated with this subculture. Your facilitator will be a SLU professor who worked as a licensed, professional tattooist for twelve years in both the U.S. and abroad. For more information contact Dr. Lee Hobbs burgsbee.hobbs@saintleo.edu

FAS 100: Introduction to the Art of Dance

(MW 5:00-6:20 3 credits)

Discover the world of dance through lecture, discussion, and movement experiences in the areas of dance technique, choreography, history, aesthetics and criticism. Topics will include ballet, modern/contemporary dance, jazz dance, ethnic/folk dance and social dance. For information contact Jackie Bryan: 352-588-7437; jacalyn.bryan@saintleo.edu.

History 300: From Elvis to Lady Gaga: A History of American Popular Culture from the 1950's to the Present

(T/R 11:00 to 12:20 3 credits)

Elvis Presley and Chuck Berry rocked, Marilyn Monroe and James Dean shocked. The 1960's brought assassinations and frustration, Hippies and Woodstock. Muhammad Ali, Martin Luther King and Caesar Chavez made invisible minorities visible. And the beat went on from Reagan to Clinton to Obama to Tea Baggers, from Saturday Night Fever to Lady Ga Ga challenging the old and staid with the young and new.

For more information, contact Douglas M. Astolfi, Ph.D.352-588-7391, douglas.astolfi@saintleo.edu

HTY 423 United States History in the 20th Century

(MWF 9:30 to 10:20am 3 credits)
Prerequisite: HTY 121 or HTY 122

The Good, the Bad, and the Ugly:
*From the automobile to the moon rover
*From World Wars to small wars
*From human rights to animal rights

It's all there in 20th Century history!
For more information, contact Dr. Anthony Esposito at Anthony.esposito@saintleo.edu

MUS 200: ST: The Story of Christian Music

(T 5:00-7:50 3 credits)

Learn how music has been used to express the Christian faith in worship from Biblical times through the postmodern era in "The Story of Christian Music". Students will experience this music through recordings, video and live performances, and participate in the creation of a worship experience that authentically simulates one of the worship eras/styles that are studied in the course. "The Story of Christian Music" is an excellent choice for all students who are interested in the Music Ministry Minor as well as a complement to those studying religion, history, or Interdisciplinary Inquiry in the Arts.
For more information contact Cynthia Selph, Visiting Instructor of Music Ministry at cynthia.selph@saintleo.edu or 352-588-7294.

PHI 310: History of Philosophy II: The Modern World

(MWF 8:00-9:20 3 credits)

GOD IS DEAD and religion is nothing more than a crutch for people who are too weak to face this cold, hard reality. At least, that's what Friedrich Nietzsche and Karl Marx tell us. But why should we listen to them?

Marx and Nietzsche are just two of the figures we will encounter in this course. We'll also look at the views of some more or less religious folks like Kant and Kierkegaard. And it won't just be about religion. We will also discuss the philosophical views of a guy who wasn't sure whether he was awake or dreaming (Descartes), a guy who thought that we are as little justified in predicting whether it will rain tomorrow as we are in predicting whether it will rain 12-packs of Yuengling tomorrow (Hume), and another guy who thought he knew pretty much everything (Hegel).

This is an excellent course for anyone considering the academic study of religion. It's also an excellent course for people who don't want to be told what to think or how to believe.

Feel free to come talk with me if you need help deciding whether Philosophy 310 is for you! For more information contact Dr. Aaron Fehir at aaron.fehir@saintleo.edu

PHI 345: Contemporary Moral Issues

(MWF 1:30 -2:20 PM 3 credits)

World poverty! Immigration! War! Torture! The environment! Racism! Gender inequality! Cloning! Abortion! Euthanasia! This is a course in which you are encouraged to develop your own position on issues we encounter weekly in the news. You get to discuss articles, videos, and cases on hot topics, and journal on them in a class wiki.

Many of the issues at stake are raised in the various mission trips that occur during Spring Break. If you intend to join in a mission trip during Spring Break, this is a perfect opportunity to develop a personal reflection on your mission trip experience and get credit for it. Even if you don't intend to join in a mission trip, taking this course is an excellent opportunity to get credit for reflecting on issues that you are probably already concerned with. It will allow you to further develop your ideas on current important issues. For more information contact Dr. Astrid Vicas astrid.vicas@saintleo.edu

PSY 441 Evolutionary Psychology

(TR 3:30-4:50 3 credits)

Why do attractive people have more daughters? Why are women so coy and men so sexually aggressive? Why are most violent criminals male? Evolutionary psychology addresses the very roots of human nature regarding sex, violence, and cooperation. Students will examine the development of the species and how it led to modern human nature. Come explore the implications of Darwin's theory to understanding modern behavior, relationships, and society.

If you would like more information about this course, please contact Dr. Patrick Draves at (352) 588-8229 or via email at patrick.draves@saintleo.edu.

Exciting new fine arts courses offered spring 2011

BY BROOKE KING
Lions' Pride Staff Writer

With registration for spring 2011 slowly creeping up on the Saint Leo student body, the School of Arts and Science has some new and interesting courses that will be available for next semester.

Course: *The Story of Christian Music*
Instructor: Cynthia Selph (Visiting instructor of Music Ministry)

This course includes a selective look at types of musical worship through different time periods and how worship music influenced history. It will be given in eight modules, focusing on different styles of worship within different historical periods. Students will be given a chance to listen to an eclectic range of music, as well as immerse themselves in what it was like to worship at that time period in history. The class will discuss an objective out look at worship music, as well as compare and contrast how each movement has progressed into today's modern form of music.

"This is a course where everyone is encouraged to participate and is a great option for those who love music. Students who wish to create live music inspired by the course are encouraged to do so, if musically inclined. This course will be the gateway class for students who are interested in Music Ministry as a minor or if they are just curious about the course itself," said Selph.

Students with specific interest in Music Ministry are encouraged to register, as this will count towards the minor. The course is a great way to broaden horizons in musical passion and will count as an elective for those who are not within the Music Ministry or Music Arts minors. If interested in *The Story of Christian Music* or have questions about the course, please contact Cynthia Selph at cynthia.selph@saintleo.edu.

Course: *Introduction to the Art of Dance*
Instructor: Jacalyn Bryan (Assistant professor/ Reference and instructional services librarian)

Starting in spring 2011, a new special topic course is being offered called *Introduction to the Art of Dance*. The course will offer a unique exploration of the art of dance through movement experiences, discussion, and thought provoking lectures, supplemented by videos and concert attendance.

During the course, students will venture into the technique, choreography, history, and criticism of dance. Some of the genres that will be discussed include ballet, modern/ contemporary, jazz, ethnic/folk dance, and social dance. This is a unique chance to gain understanding and appreciation for the art form. This course is a new general elective with no prerequisites.

"This course will introduce you to the many facets of dance, as well as different genres," said Bryan to prospective students.

If interested in all the elements of dance or have always wanted to try it out, this is the opportunity to experience this new elective. Any questions related to this class can be answered by Jacalyn Bryan at jacalyn.bryan@saintleo.edu.

Course: *Introduction to Painting*
Instructor: Jacqueline Bayliss(Visiting instructor for Painting and the Arts)

The course will entail color theory, design development, and composition strategies, as well as look at well known artists. *Introduction to Painting* will give students a chance to explore the other side of the brain.

By the end of the semester, students will be familiar with the idea of artist concept, work comfortably with acrylic paints, and understand color mixing along with color theory. The class will be a studio course with no perquisites required.

Most of the class time will be used for discussions about famous artists, as well as studio and work time. There will also be critiques, along with some workshop on artistic technique in order to encourage and further the students with various techniques and methods so that they will be more comfortable in all aspects of painting.

"I would encourage them to take a chance; drawing skills or previous painting experience is not required. This course is about individual development and progress," said Bayliss about prospective students.

The course is a fun and interesting way to get involved with painting. It will be the first time that this particular class will be taught at Saint Leo and students who are interested in painting are encouraged to contact the instructor for more information.

If questions about this class arise, email the instructor at jbayliss@mail.usf.edu.

REL 432: Christian Spirituality
(TR 8:00-9:20 3 credits)
Prerequisite: REL 123, REL 124, REL 201, or REL 223
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If you would like to find out more about this course, please contact Sr. Mary David Hydro, mary.david.hydro@saintleo.edu

REL 470 Christology - Jesus with a Human Face
(TR 11:00AM -12:20 3 credits)

Do you have questions, concerns, and hopes about Jesus? How was He human? [Was he play acting?] How was He divine? [Did He know all the answers?] Join us to discuss, share, and learn with others about Jesus, "the Way, the Truth, and the Life." Explore also what others have to say about Jesus from a liberation theology/social justice perspective, from a feminist perspective, etc. Do you want to grow spiritually, theologically, and humanly? This new course in Christology [upper tier] can make that real difference in your everyday life 24/7. For further information, contact michael.coopersj@saintleo.edu

SOC 300: Medical Sociology
(MW 3:30-4:50 3 credits)

Ills, Pills, and Doctor's Bills- SOC 300: Medical Sociology.

Come take this course if you have ever wondered why your physician talks to you like you're a child; if you would like to know who gets sick, and why-beyond genetic factors; and if you want to find out how the US healthcare system really compares to others. As part of the course, we will read *The Immortal Life of Henrietta Lacks*, by Rebecca Skloot.

For more information, contact Dr. Patricia Campion, patricia.campion@saintleo.edu

SSC300: Caribbean Culture and Society
(TR 9:30-10:50 3 credits)

In this course students will embark on a journey that spans the whole Caribbean region, including Jamaica, Puerto Rico, Haiti, Antigua, Cuba, and Bahamas. Students will embark on a journey that spans the whole Caribbean region, including Jamaica, Puerto Rico, Haiti, Antigua, Cuba, and Bahamas. They will explore the history of the region, from pre-Columbian times to the post colonial era. We will look at the lives of various indigenous groups, colonial plantation and slave history, social movements that led to independence, and post-independence economic developments. Students will also learn about various aspects of present Caribbean culture and folk traditions. This is an interdisciplinary course that prepares students for careers in research, management, nonprofit leadership, and teaching. For more information, contact Dr. Linda Tavernier-Almada linda.tavernier-almada@saintleo.edu

Arts & Entertainment

One Tank Travel: Ghost Tours of St. Petersburg

BY JORDAN COATES
Lions' Pride Editor and Chief

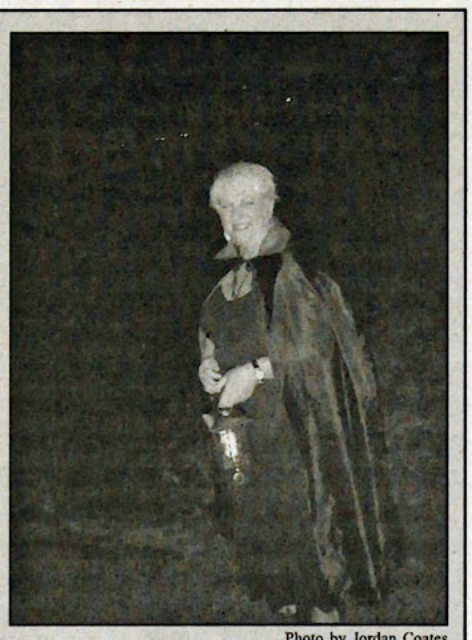

Photo by Jordan Coates
The ghost tour guide dressed decoratively

St. Petersburg is best known on this campus for its beaches and perhaps the nightlife. What students do not know is what happens when it gets dark. The mystery lingers through the air as professional tour guides take groups through a history of haunted stories on the St. Pete Ghost Tours.

One rainy night, at the witching hour of 8 p.m., a brave group gathered under the deck of the hotel Vinoy. Since the weather was bad, the ghost tour took a dryer route. Huddled around tables, filled with steaming, bubbling, ghostly drinks, the ghost tour guide of the night, Lori Yancey, began her haunted tales. Dressed in a red and black cape, complete with a lantern, Yancey portrayed a perfect eerie presence to match her stories. The stories included mystery and hints of history, even about that very hotel. The stories were intriguing and left an almost enjoyable uneasiness. On special request, the group was lead into the elevator to the floor with a haunted room. Crowded into the small hotel room, Lori shared tales of ghostly encounters in that exact room. Superstitious or skeptical, the stories were quite believable, and equally scary.

When the skies cleared, the tour ventured out into the quiet night. For protection and curiosity, members of the tour were given ghost-o-meters. Much like a stop sign, three lights line the device. The lights blink green, yellow, and red, in accordance with the surrounded energies. If the device blinks yellow it means caution supernatural beings are nearby, and if red, they are there.

The guide led the group through the twinkling city of downtown St. Pete sharing ghost stories. Along the way, stops were made to show the scenery of a particular tale. The adventure led the group to more hotels and other such locations throughout the city.

Halloween or not, the Ghost Tours of St. Pete are terrifying, informative, and interesting. The tours are held nightly at 8 p.m. and tickets are reasonably priced. Reservations and tickets can be purchased by phone or online at ghosttour.net. Tours are also held in St. Pete Beach, Tampa, and other locations. The ghost tours are great for a humorous night of fun and frights. And, of course, it does not hurt that the tours are only a tank of gas away. Happy haunting!

Angry pears and spiked refrigerators

BY MICHELLE COOPER AND EDGARD OLIVA
Lions' Pride Staff Writers

Want to have a friendly T-Rex, or a flaming bear? Well today is the day, because from the creators of the Nintendo DS original, Scribblenauts, comes an all new sequel, Super Scribblenauts.

Like the original puzzle adventure game, things may be conjured by simply writing them on the touch screen, but now, instead of simple objects, a new part of English is here to help: adjectives. Now things can be added to your creations like a flying zombie cat, or anything imaginable. Now the original game had control issues.

Originally, the main character Max would move at a touch of the stylus, but this became a pain when organizing objects, as Max would knock them over, or even fall completely off the screen. Now the controls are not as touchy, so Max will not go flying off-screen anytime soon. Another prime problem with the first game was that objects would fall over, or would not work properly. For example, many of the bridges were sometimes too short, and bridges would not connect very easily. Now, there can be long bridges or short bridges, which is a major example of why adjectives are handy in the new game.

A new level editor has also been installed. In the original, only action based levels were made, which required no puzzle solving skills. The only goal was to collect "starites." With the new level editor, there are both puzzle and action levels, and levels can be made from scratch and shared online with other Super Scribblenauts players. Many players of Scribblenauts hope that Super Scribblenauts can live up to its predecessor's name. Super Scribblenauts will be released October 12 this year on the Nintendo DS system.

Scare yourself silly: The five best horror movies

BY LINDSAY RENNER & GREG ROBINSON
Lions' Pride Advertising Editor and Multimedia Editor

It's that time of year again, where the chill in the air outside can easily match the one going down your spine. The horror genre continues to persist in mainstream cinema, with studios releasing dozens of frightening, gory, and sometimes absurd movies come September and October. However, it is sometimes difficult to distinguish the scary from the downright silly. Here is a brief rundown of some of the scariest films to ever creep across the silver screen.

Lindsay's Top 5:

Psycho (1960)- This particular Alfred Hitchcock classic introduced the American filmgoer to the prototypical slasher film. This film throws the viewer for a major loop, as its star, Janet Leigh, dies violently at the hands of a cross-dressing motel owner about twenty minutes in. It is not wildly contrived or over the top in its plot; rather, this film is utterly believable, thus the basis of the terror it continues to hold over audiences to this day.

Carrie (1976)- This film is a double header: it represents the American viewer's introduction to both the adaptation of Stephen King films, as well as the directorial debut of Brian de Palma. Disliked by her peers, Carrie (portrayed by a particularly creepy looking Sissy Spacek) cannot seem to catch a break at school or at home, where she is a regular victim of her religious zealot mother's outbursts. Like many so-called geeks, Carrie is pushed to her breaking point. However, most peoples' breaking points do not typically involve buckets of pig blood and a subsequent psychic mass destruction of virtually everyone in the town, as hers does.

Halloween (1978)- This was the first horror movie I ever saw, and remains one of the scariest I've seen to this day. The movie opens with a six year old boy, Michael Myers, stabbing his naked sister to death while wearing a clown costume. This alone would be disturbing enough, but then when the film cuts to some years later, the viewer finds that Michael has escaped from the mental institution and is in hot pursuit of yet another sister of his, this one younger. If you are scared of clowns or small children, or averse to teenagers being stabbed in the middle of illicit acts, stay far away from this one.Alien (1979)- The interesting thing about this movie is that, in many ways, it is a prototypical haunted house movie: the film's protagonists spend most of their time being chased through a dark area by a shape-shifting, malevolent creature. The real twist lies in the fact that the movie is not set on Earth. Rather, they are being chased in a spaceship by this unknown entity. There is nothing quite as unnerving as watching an alien burst out of a coworker's abdomen while in a location where it is impossible to run away for safety's sake. The film's tagline says it all: "In space, no one can hear you scream."

A Nightmare on Elm Street (1984)- For many people, the only real time to rest comes through dreams and sleep. This is not the case when a maniac with extended claws attached to one hand comes calling. Perhaps most frightening is the fact that if one stays awake long enough, the body is bound to eventually crave sleep and pass out, meaning there is no escape. One, two, Freddy's comin' for you…

Greg's Top 5:

The Exorcist (1973): Linda Blair's backwards crab walk down the stairs and her grotesque full-head turn are just a few of the frightening images this movie offers. This film continues to spawn sequels, but it is the original story of a young girl possessed by the devil that remains an unparalleled classic.

The Shining (1980): The ghosts of two twin girls, telepathic powers, and the mysterious phrase "red rum" pale in comparison to Jack Nicholson's terrifying portrayal of a possessed father wielding an axe. Award-winning filmmaker Stanley Kubrick directed this movie.

The Sixth Sense (1999): This film is arguably director M. Night Shamalyan's greatest film and certainly his most critically acclaimed. Haley Joel Osment plays a boy tormented by ghosts that only he notices, and remain unseen by the rest of the world.

Saw (2004): Although the sequels since the original *Saw* have diluted this film's impact, it was all the rage 6 years ago when Jigsaw was tormenting guilty individuals with devious puzzles and riddles.

Psycho (1960): The master of suspense and terror is at his best in this classic film. The murder of the female lead in the shower established a trend where the attractive female character is brutally murdered in an unexpected (typically revealing) manner in horror movies.

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Team in Training: A project of hope and strength

BY CASEY MCKENNA
Lions' Pride Entertainment and Fact Editor

Katie Gramlich and her boyfriend, Steve Ferraro, have been battling Steve's Lymphoma for about a year. Steve was diagnosed with Large B-Cell Lymphoma when he was 22 years old. Now 23, he has just undergone his eighth and last treatment; Steve is in remission.

"His count is low right now, so he is not feeling too good, but we are so relieved that this was his last round," said Gramlich.

She, along with others found a place to fight for the ones they love through the *Team in Training*. The *Team in Training* was established a year after Steve's birth, in 1988 in New York, the very state he grew up in. According to the Leukemia and Lymphoma Society's website, "an estimated 137,260 people in the United States will be diagnosed with some form of blood cancer in 2010." The *Team in Training* has dedicated their purpose specifically to the cure of blood cancers.

"What sets *Team in Training* apart from other organizations is the support that you get from start to finish" said Whitney Tizzano, Campaign Coordinator of the Suncoast Chapter of the Team in Training.

"I would like others to know that *Team in Training* is an exceptionally supportive and motivating organization," said Gramlich.

During her experience with the organization, which has been continuous since August, she has been provided with support that ranges from nutrition and cross training to fundraising help.

"We have weekly runs as a team and they send frequent emails with tips, articles, and words of motivation. I also get phone calls every week or two from a staff member who checks on how I am doing and asks if I need help with anything, whether it be related to running, fundraising, or finding resources for Steve," said Gramlich.

The *Team in Training* participants have the opportunity to decide how they want to raise money for the cause. The way of going about raising funds is not set in stone, so participants are able to incorporate important aspects of their lives to the success of the fundraisers.

"I like to sit down with each participant and see what each one wants to do," said Tizzano.

"In the next two weeks we will be doing a big garage sale fundraiser," said Gramlich.

Some potential events that Katie's chapter has in store for October are: trick or treating for donations, a pumpkin carving contest, and parties where guests can donate to the Leukemia and Lymphoma Society.

When participants sign up to be a part of the *Team in Training* they receive a web page. On this page they are able to post a picture of themselves and the person they are honoring, as well as tell the story behind their experience with Leukemia or Lymphoma. Through this site, members are able to obtain support and send out the word that they are raising money for the Leukemia and Lymphoma Society. Many participants have had luck not only meeting their funding goals, but in exceeding them through the web page.

Although Katie's chapter is in Long Island, she may have the chance to meet some members of the Suncoast Chapter.

"The events that my team is training for right now are in Florida, but that is only because we are training for the winter season and we live in the Northeast," said Gramlich.

The organization gives participants a chance to travel while raising money.

"We do events all over the nation. I took a team out to San Diego in June," said Tizzano.

One event that Team in Training has put on this fall was the Nation's Triathlon in Washington DC which took place on September 12. That particular event was considered to be an Olympic distance triathlon. Participants participated in a 1.5k swimming challenge, a 10k run, and a 40k bicycle route. The *Team in Training* got together with Disney World for another fundraising event in early October: the Inaugural Disney Wine and Dine Half Marathon. The race, which was set up around the theme parks, ended in Epcot where participants, their families, and their friends were able to enjoy international food and wine.

"Teams all across the country are training for races all over, even internationally," said Gramlich.

"So far I have participated in one official race and it is the first race I have ever done," said Gramlich.

The race that she entered into was called the Cow Harbor Run, which took place in Northport, New York. The Cow Harbor Run is a nationally ranked 10K race which Gramlich's coaches encouraged her, and her teammates to participate in so that they could get some practice. The morning of the Cow Harbor Run, Katie and her team met with their coaches to prepare for the race.

"They went over everything we would need to know about the logistics and we had two coaches running at our paces, one a little faster and one slower," said Gramlich.

Since the coaches had their chances to beat their own times, they focused on the team that morning.

"They have had the opportunity to run for their own times, so they were only concerned about helping us," said Gramlich. "I cannot say enough about the integrity of the organization and the kind hearts of all of the people who are involved in it."

While Whitney Tizzano is preparing to recruit participants for the next season, Katie is preparing for her next half marathon in Miami, Florida on Jan. 30, 2011. Some members of Katie's team are training for a full marathon and others are participating in a separate half marathon, which is to take place in Disney World at the beginning of January.

"It feels great to be a part of a team and give back to an organization that has undoubtedly helped Steve in some indirect way. When I first joined, he was really thankful that even though he had to go through this experience, we were able to give back to the organization and help make an impact on the lives of others," said Gramlich.

Katie's goals are to raise as much money as she can to support the cause and support Steve and others who are fighting cancer. She has learned to push her personal limits and improve her physical fitness along the way. She wants others to be aware of blood cancers and the way that they do and can affect people. Katie wants others to know that this type of cancer does not just affect young children or older adults.

"Steve is just 23 and was otherwise in good health. We simply thought he had pulled a muscle. If he had just let it go and did not see a doctor, we would have never known that he had such an advanced stage of lymphoma. Unfortunately, something that seems so benign does not always end up as such," said Gramlich.

The money that is raised through the *Team in Training* is distributed to patient services as well as Leukemia and Lymphoma research. To start a team in Saint Leo or the area of your choice, contact 1-800-482-TEAM. To contribute to Katie and Steve's goal in the fight against Leukemia and Lymphoma visit: http://pages.teamintraining.org/li/wdw11/kgramlich

I Don't Say it; I Convey It!

BY AMANDA BUTLER
Lions' Pride Staff Writer

That is what Saint Leo senior Oscar Redden proclaimed during his spoken word reading during Tuesday's Open Mic Night. Holding true to Redden's enthusiastic rap-style poem, expression was something everyone conveyed that night.

The event was held in the Cannon Memorial library at seven p.m. overlooking the lake. It was originally designed to incorporate music, skits, prose, and poetry. Everyone had something to say, and they expressed themselves through poetry, short stories, or spoken word; whether it was an original piece or a tribute to a favorite work, such as Langston Hughes' *A Dream Deferred*.

The audience was just as involved as the performer, happily participating and engaging in what was being said. Various chuckles were heard during the happier poems, and appreciative clapping echoed through the normally silent building after every performance. Eyes were set with concentration and foreheads were furrowed, yearning to unlock the various meanings reverberating from the microphone and through the speakers.

Though a few short stories and spoken word performances took the stage, poetry dominated the attention. The words were just as individual as the reader, ranging from a sensual description of skyscrapers compared to a woman's body; to a prayer to God; to even a speech about the connection between truth and cookies. Every performer had a set of words, and every set of words had a message.

The event itself was designated to last from seven to ten that night, however everyone was given a turn and all the readings were finished within an hour and a half. In just ninety minutes, a variety art was celebrated, with about thirty or so pieces read. The gathering celebrated artists both known within the Saint Leo community, and those widely known elsewhere, and gave everyone involved a chance to entertain and share their souls.

The Danger of Child Vampires: *Let Me In*

BY LINDSAY RENNER
Lions' Pride Advertising Editor

American vampire films these days tend to feature pale men and women with undeniable sex appeal as their otherworldly protagonists, and also tend to be love stories rather than pictures that focus on the true nature of monsters. To many, this is a mockery of the genre. However, now there is a picture out that represents a switch from what has become the typical American vampire movie to the older standard of horror.

Let Me In, directed by Matt Reeves, was adapted from the 2008 Swedish film *Let the Right One In*: in fact, the original film was adapted from a novel of the same name. Though there are certainly differences between the two films, the plotline remains largely the same as the original film. The film set in Los Alamos, New Mexico in 1983 focuses on a preteen outcast named Owen (Kodi Smit-McPhee) and his blossoming relationship with his new neighbor Abby (Chloe Moretz). Owen has problems at home and school, and spends the majority of his time alone until he notices Abby and her "father" moving in next door. It quickly becomes apparent that Abby is not like other children; she does not attend school, or go out in daylight. Though Abby rejects Owen's initial attempts at camaraderie by telling him right off the bat, "I can't be your friend," the two soon forge a close relationship. Through Abby, Owen learns to stand up for himself.

While Abby and Owen's relationship grows, one cannot ignore what she really is: a vampire. In her own words, she has "been twelve for quite some time." Her father is actually her guardian. He "hunts" for Abby, and helps her provide a ruse of normalcy. The film lets the viewer know in no uncertain ways exactly what it is that Abby needs to live. The contrast between her protective, childlike relationship with Owen and her inhuman proclivities lends the film some of its most shocking scenes. It is utterly disarming to see a 12 year old girl on the hunt for blood; the director knows this fact, and capitalizes upon it.

Stylistically, this film is generally unremarkable. It relies heavily on dark lighting and slightly obscured camera angles, as horror films are wont to do, and the film's strongest scenes come in times of violence. The pool scene near the ending, which ultimately marks Owen's departure from the real world and journey into a dark, lifelong commitment, is just as dark and depraved as it is in the original film.

Ultimately, this film is much more than a vampire film, much like how *The Exorcist* is about more than a girl possessed by the devil. Through the scenes in *Let Me In*, one sees the story unfold of a shy boy and a girl who is not really a girl. The theme of young love is nothing new, but adding vampirism and eternal commitment to the mix makes for an interesting film that will not disappoint fans of the original.

Sports

Nutrition Speaker Speaks to All Student Athletes

BY MINDY PIERCE
Lions' Pride Sports Editor

Getting a balanced diet is crucial for any college student, but balancing class work, practice for about 18 or more hours a week, and somewhat of a social life is nonexistent without the proper nutrition Not getting the proper nutrition can go a number of ways, so the purpose of the speaker was to give the correct information to all Saint Leo student athletes and to make informative decisions about eating correctly.

Tim Wierman, M.A. was the speaker whose slogan was "EAT TO COMPETE." He has 15 years of experience and comes from Nutrition Education Services Inc. To mention just a few, Tim has spoken to schools and organizations like Harvard University, Kansas University, and the World Swim Clinic. Saint Leo University was Wierman's next stop.

On October 4 when Tim Wierman, M.A. spoke to two large groups of student athletes: the female athletes and the male athletes. Men and women require different amounts of calories with different questions and concerns that may arise during training. Each group was allotted ample time to ask in depth questions concerning nutrition while competing.

Wierman stressed the importance of getting enough calories throughout the day and emphasized the right nutrition athletes need in order to perform at peak levels. For those athletes who practice at least 12 hours of conditioning a week need an extra 7,000 to 9,000 calories a week compared to a non-athlete. Recovering from a workout was also a big topic of conversation during the nutrition session. It is absolutely necessary to recover within 30 to 60 minutes after one's workout with a minimum of 240 to 400 carbohydrates consisting of 80 grams of carbs and 20 grams of protein. Recovery is so crucial because one needs to repair the broken down muscles they just used during the workout session. A great and quick recovery that can be found in the cafeteria is chocolate milk. It is an ideal recovery because it contains 315 calories with 16 grams of protein and 52 grams of carbs.

Many students enjoyed the nutrition speaker even though it was mandatory.

Transfer student and swimmer Carlos Araque said "I learned a lot and all the guys took the speaker seriously and asked some insightful questions. A lot of people have taken the chocolate milk advice and have been using it regularly."

Freshman Bianca Muniz learned a lot of new information also.

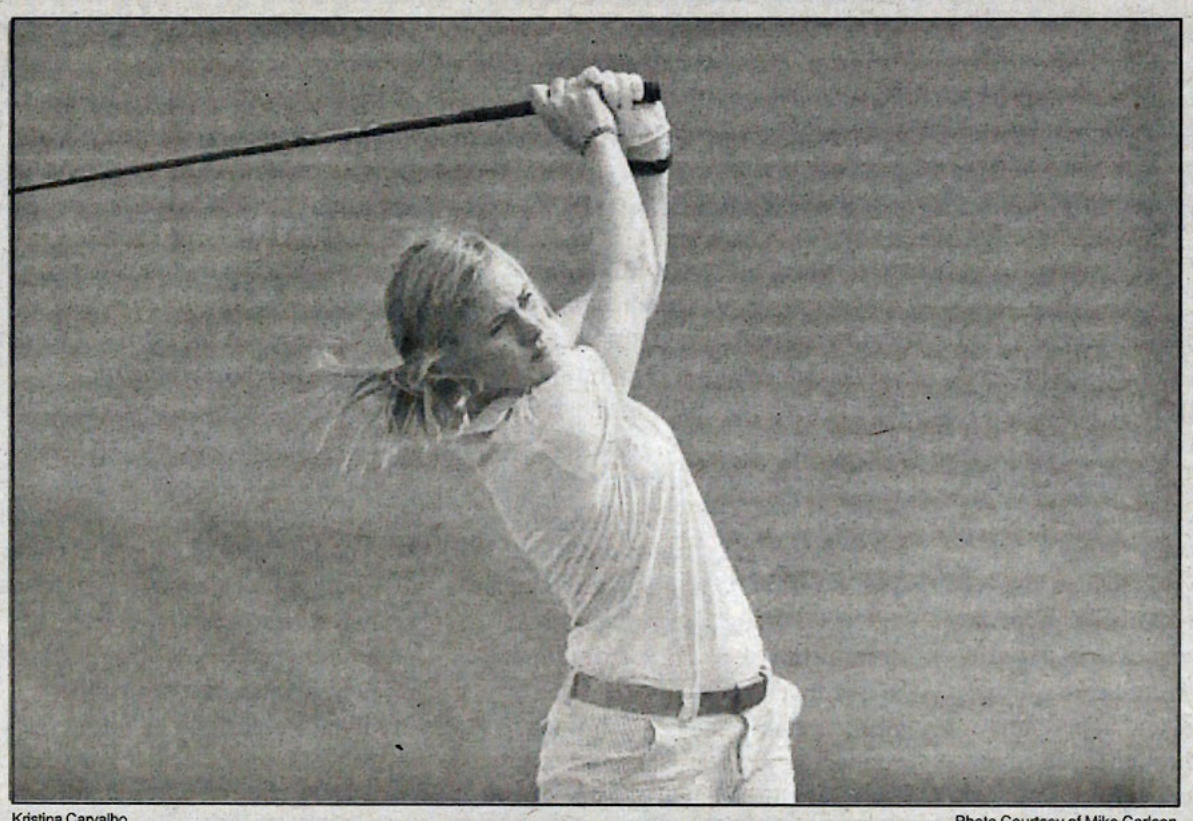
Muniz said "I didn't know you could make your own Gatorade at home and eat the night before a morning practice."

Eating the right foods is a key point for athletes to master to perform at their best levels. There are three types of fuel: carbohydrates, proteins, and fats. Carbohydrates are important for medium to high intensity activities, proteins are for building and repairing, and fats are good for low to moderate and steady state activities.

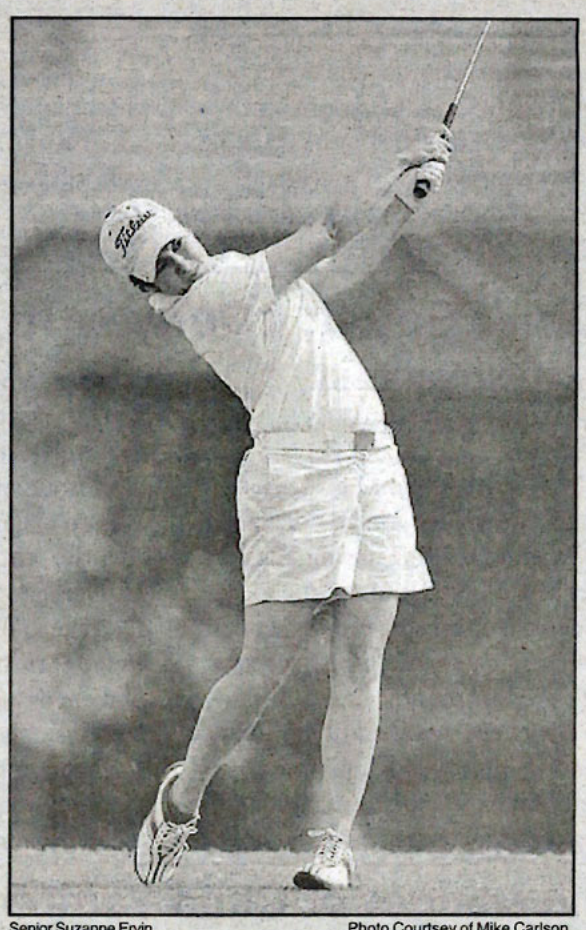
Wierman offered a sample breakfast with a much nutritional values. It included 2 eggs, toasted whole wheat bread, breakfast and energy bars, and fruits. For lunch or dinner, whole grain sandwich breads, rice and pastas, low-fat dairy, corn and beans, fruits and vegetables, and baked potatoes were highly recommended.

Although the nutrition speaker was mandatory, the general consensus of the event was that most athletes enjoyed the speaker and gained a lot of valuable information to make smart decisions for the future. All athletes were taught to eat several times a day and to not worry about the calories, but to eat the right kinds of calories with the essential vitamins and minerals needed to have a successful season of training and competition.

Saint Leo women's golf team finishes ninth in 2010 NSU Shark Invitational with a two-round total 327-322—649, just short three strokes behind eight-place Northwood (Fla.), Oct. 11-12. The lady Lions' were led by senior Suzanne Ervin who finished in 30th place with 80-80—160.They will continue their season against Flagler College, Oct. 25-26, in St. Augustine, Fla.



Kristina Carvalho Photo Courtsey of Mike Carlson



Senior Suzanne Ervin Photo Courtsey of Mike Carlson

Senior Spotlight

#10 Bruna Rocha is from Sao Paulo, Brazil, and is majoring in International Business. Rocha previously played volleyball at San Jacinto College, but decided to make the decision to end her athletic career there and bring it to Saint Leo University. Bruna, a master of the game, is third on the team, with 344 kills and .253% attack rate. She has had over 20 kills in three contests and is placed second on the team, having 377 digs. Not only is she an aggressive player, but she is a defender. Statistics show she placed fifth on the team in total blocks. Offense is not only important in the game of volleyball, but it is also important to her as she leads the Lions' in points per match with 25.5. Rocha has many impressive qualities and has had ten doubles-doubles during the season. According to Rocha, her biggest asset to the team is her communication.

One of her favorite memories, include arriving at Saint Leo University for the first time because she thought the girls were friendly, welcoming, and extremely funny. Rocha very much enjoys her coaches and team mates, making it easy for her to say she loves everything about Saint Leo University. She is happy to say that she is glad she chose to attend and play volleyball for the Lions. Prior to graduating at Saint Leo University, her future goals are to attend grad school and find a job here in the United States. The Lions' Pride wishes you, Bruna Rocha, the best of luck with the rest of your season and senior year!